



News Release



Shelby County Health Department

814 Jefferson Ave., Memphis, TN 38105

FOR IMMEDIATE RELEASE
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NOT TOO LATE TO RECEIVE THE FLU VACCINATION

MEMPHIS – With an estimated six to eight weeks remaining in the flu season, it is still not too late to receive the flu vaccination.

The flu vaccine is safe, effective and recommended for anyone six months of age or older. It is especially important for those at higher risk of complications, including pregnant women, young children, people with chronic illnesses (such as diabetes and asthma) and/or compromised immune systems and the elderly.

A limited amount of flu vaccine is still available at no cost (**while supplies last**) at all of the SCHD Clinics. Hours are 8:00 a.m. to 4:30 p.m. Monday through Friday unless otherwise specified.

Galloway Clinic

757 Galloway
(901) 222-9750

Immunization Clinic

814 Jefferson Ave, Room 216
(901) 222-9331

Cawthon Clinic

1000 Haynes
(901) 222-9866

Hickory Hill Clinic

6590 Kirby Center Cove
(901) 222-9910

Shelby Crossing Clinic

6170 Macon Road
(901) 222-9800

Collierville Clinic

167 Washington
(901) 222-9900
(Tue. Th., 8- 4:30 p.m.)

Millington Clinic

8225 Highway 51 N.
(901) 222-9940

Southland Mall Clinic

1215 Southland Mall-Inside Mall
(901) 222-9828 **(M-F, 9-5)**

Health officials encourage those who have not received the vaccine to check with their health care providers, large retailers, grocery or pharmacy chains to determine vaccine availability. Parents and caretakers of children should contact their pediatrician's office to determine vaccine availability.

To find a local vaccine provider, go to www.flu.gov and enter a zip code.

While Shelby County has seen increased level of flu activity, the county has not reached levels seen in Boston and New York City which have lead to declarations of public health emergencies.

Some tips to help protect against the spread of influenza include:

- **Clean:** Properly wash your hands frequently with warm, soapy water; disinfect surfaces.
- **Cover:** Cover your cough and sneeze into a disposable tissue or your arm.
- **Contain:** Stay home from school/work when you are sick to keep your germs from spreading.

If an individual experiences flu-like symptoms, they should contact their health care provider first before going to a hospital's emergency room. Symptoms include: fever of 100 degrees Fahrenheit or greater; headache, fatigue, cough, muscle aches, and sore throat.

For more information, go to www.shelbycountyttn.gov and follow the SCHD on Twitter, [@ShelbyTNHealth](https://twitter.com/ShelbyTNHealth).